

Karate Academy

明けましておめでとうございます

Newsletter January 2020

Diary Dates:

January 2nd 2020- Timetable returns to normal

January 18th—Private lessons for members who pay monthly.

February 2nd—Kyu Grading. 10am start.

February 9th—Self Defence seminar. 1-4pm

11	12

a fun-packed event. Thanks to everyone who contributed to the buffet table and the great spirit and camaraderie on show during the lesson.

Awards

We'll also give out our Awards for 2020. Each year we like to recognise those special individuals for their talents where grade is simply not enough. Each category has a Junior and a Senior recipient:

Most Dedicated Student 2019, Hannah Ward, Jon Owen
Most Improved Student 2019, Olivia Martin, Peter Flannery

Most Helpful Sempai 2019, Josh Adams, Mark French
Student of the Year 2019, Joe Magor, Kristina Tinker
Special recognition to Ruth Dungey, who raised the most money for the Kick-a-Thon last year.

Congratulations! Of course, the hunt for the 2020 recipients starts now...

Hoodies

They arrived a bit late in the day, but the hoodies are now here. The popular Karate Academy hoodie has the Keikokai badge across the back and the Karate Academy logo on the front with the tag-line "Dedicated to Black



Belt

Excellence" below. Junior sizes are £20 and adult sizes are £25. Once they are gone, they are gone.

2020

Happy New Year! It's here! We have some fantastic training lined up for you. It's already looking like a packed year. What would you like to see included in our events for 2020? We already have travel events, the Self Defence Seminar, the Bunkai Bootcamp lined up. Are there special guests that you would like to train with? Are there seminars that you want us to put on? Let us know keikokarate@aol.com and we'll see if we can include them.

Happy New Year!

Welcome to 2020 at the Karate Academy. We have some really exciting things going on this year. There are guest instructors, there are places to go, special events, and on top of it all there are the regular lessons. For best results in this year, get to training twice per week. A couple of hours training each week will make the world of difference. You need rest, you need down-time, but you also need regular exercise and brain-processing time. In the dojo. Pushing yourself and yet not stressed by everything else that's going on.

John Burke,
Chief Instructor

Return of the Timetable

The normal timetable will resume in 2020 on

Thursday 2nd January. Members are reminded that training twice each week produces the best results. Consistency is key to development. Brown Belts and Black Belts have a special programme this year. Renshi John will be sharing techniques and principles that he has never taught before. The Sunday morning session will not be "just another Karate class". You get basics, kumite, kata, and oyo in your syllabus classes. This one is different. Each month we will be studying one of "Funakoshi's Throws", and each week we will have a Pressure Point, a DSI technique, and a part of a flow-drill alongside the advanced kata and nunchaku practice. This class is open to all Brown Belts and Black Belts.

Special Lesson

Well done to everyone who came along to the Special Lesson. It's almost legendary. We have a class, it used to be called "The Karate Party", and the 2019 version was



Hall Hire

If any of our members know of any instructors or coaches who need space to run their classes or activities, please ask them to ring John on 01626 360999 as there are plenty of empty slots at **King Street Studios**, our full-time centre in Newton Abbot, particularly during the day (evenings are pretty busy but there are occasional gaps). Wednesday morning on the mats has just become available.

We already have Pilates, Yoga, Dance and toddler Ballet using the centre, and so other activities that would complement our own Karate classes are welcome.

Self Defence

Previously, we have kept these workshops to be just for women. Ladies Self Defence we called it. Renshi John would use female students to front the class so that there was a relateable face for the participants. On this occasion though, we will present a Self Defence workshop for women AND men. No martial arts experience is necessary. It's not a Karate class, but about the practical steps that a person can take to defend themselves in a violent situation. John Burke will be the instructor, teaching how to deal with punches, grabs, and what to do when attacked on the ground, and he will be sharing a piece of information that he has never taught on these seminars before. **Sunday 9th February 2020** 1-4pm. Tell your friends and invite people along, wear clothes they can exercise in (though it's not an exercise class). Just £10 per person.

New Training Diaries

The 2020 Training Diaries are now being given out in class. Please use yours to record your regular training, your private lessons, and your seminars and workshops that you attend, plus any notes you care to make about your training. And, of course, the number of press-ups and sit-ups that you do every day.

Which Lesson?

We have lots of classes on offer each week. In fact there are 21 classes on offer each week. Which one is right for you? Well, it could be about which location you are in, or it could be based around work or family commitments, or it could be that you need a class which is suitable for your development...

Little Warriors

4-7 year olds pre-martial arts class, getting them ready for training in the main classes. We take a bit longer and make it more game-based in order to tune those young minds. Tuesday in Torquay, Monday, Wednesday, and Saturday morning in Newton Abbot.

Juniors

7-11 years old. Basically, if they are at Junior school they can come to these classes. If they are at senior school then they need the Open classes. Karate for the serious junior. This class is often used as a stepping stone after Little Warriors, just because our small students are not surrounded by giants in this class. With that said, sometimes a parent or two will come along to this class in order to train with their children. Tuesday and Thursday evenings, Saturday morning in Newton Abbot.

Open.

Anyone can train in these sessions. Ideal for families. Big people and little people, training alongside each other. Sometimes youngsters need older role-models. Tuesday in Torquay. Tuesday and Thursday in Ashburton. Monday, Tuesday, Wednesday, Thursday, and Friday evenings, Tuesday, Thursday, and Saturday mornings in Newton Abbot.

Adults

Serious training and technical explanations to help our seniors get their Karate right. Tuesday and Thursday evenings in Newton Abbot.

Brown Belts and Black Belts.

Sunday morning training with advanced concepts. High grades get their usual basics, kumite, kata and oyo in the other classes alongside the junior grades, this class is for curriculum over and above what you need to grade. Secrets that Renshi John is sometimes accused of hiding from others. This class does not replace a normal class, it's in addition to it. Sunday morning in Newton Abbot. Members are welcome to use any class relevant to their needs, preferably training twice per week.

Travels

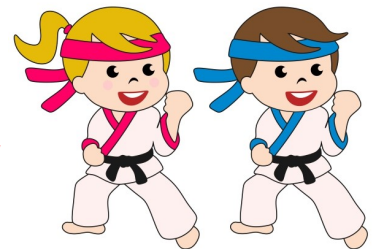
Seminars already set up for 2020 include travels to Doncaster, Essex, Shetland, and Sweden. If you fancy a road trip then get in touch.

Birthdays

The following students celebrate their Birthday this month (January)

- | | |
|----|------------------|
| 2 | Oscar Magor |
| 7 | Sophia Newman |
| 11 | Sunny Weedon |
| 14 | Troy Underhill |
| 21 | Theo Scott Gatty |

Happy Birthday
to You



Last Word

This year holds so much promise. There is so much that can be accomplished this year. You can feel it in the air. The frightening thing is how fast these years are passing by, and we know that we will look up from our current endeavours and it will be March already. It should spur us on. We should get more done because we know that we don't have the luxury of time. And yet there are some of us who will put it off. We'll start next week. We'll get around to it at some point. Don't be that person. Start now. Take action today. Make a schedule that shows the things that you want to achieve and the regular weekly steps that will get you to that place. Then take action. Do something on that list. And then another thing. And another. We can't all win the lottery, but we can take steps to make sure we achieve the things that we need to achieve. Use your training diary to help with your Karate goals. It doesn't have to be about grades, it can include flexibility. It can include strength. Building or toning muscles. If you need help then ask sensei. "What can I do to kick faster?" It's a lot easier to help you when we know that you want to improve. Then, predictably, you have to take the advice you are offered. You do the work and you get the results. There are classes 6 days per week to help you, but you have to be there.

Proud to be the Keikokai. See you in the dojo.

Oss



**Dedicated to Black Belt
Excellence**